

Bedford Council on Aging Announcements

October 2010

Date: Monday October 4

Time: 10:00 AM

Presentation by the Bedford High School Robotics Team

All are invited to the next meeting of the Bedford COA Science and Technology Club. Featured presentation will be by the Bedford High School Robotics Team. All are welcome. No need to be a scientist to attend. The meeting will be held at the Council on Aging.

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Date: Wednesday October 6

Time: 1:00 PM

What's Next After Independent Living

What would you do if suddenly you found you couldn't manage day to day activities as you had been able to in the past? Shopping for, and preparing meals, keeping up with basic housekeeping chores, even remembering to take medications can all begin to seem overwhelming as we become older. Join Lisa Yarin from Youville Assisted Living Residences at the Bedford Council on Aging to learn more about the many options available when independent living becomes more difficult. Becoming aware of options and planning ahead will allow you to make the choices for yourself that support your individual needs and preferences. Home-based supports, as well as assisted living will be discussed. Be sure to bring your questions! Refreshments will be served.

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Date: Thursday October 7

Time: 1:00 PM

Glaucoma Seminar

Glaucoma is the second leading cause of blindness in the world. It causes gradual loss of peripheral vision, which is often not noticed until late stages of the disease. Early screening and detection of glaucoma is critical for treatment and preservation of vision. Dr. Robert Kwon, MD of Eye Associates, P.C. will be providing a presentation on glaucoma at the Bedford Council on Aging. Enjoy snacks and coffee during the question and answer session immediately following his presentation.

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Date: Tuesday October 12

Time: 1:30 PM (Following the FBCOA meeting)

Ready, Set, Winter!

Come to an informative session at the Bedford Council on Aging on Tuesday October 12 at 1:30 PM (following the FBCOA meeting) with John Paul, Manager of Traffic Safety with AAA of Southern New England. John has over 34 years of experience in the automotive field and has come to be known as AAA's Car Doctor. He will be speaking about preparing one's car for winter as well as tips on safe winter driving.

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Date: Wednesday October 13

Fall Foliage Trip - *SPOTS STILL AVAILABLE*****

There is nothing that suggests that fall foliage is any better two hours away than in our charming neighboring towns of Sudbury, Bolton, and Stow. We will have a wonderful New England luncheon of pot roast, chicken pie or baked Boston scrod at Longfellow's Wayside Inn in Sudbury, and while there tour the Martha Mary Chapel, the Wayside Grist Mill, and other points of interest. From there, we will travel to the Colonial Candy Store in Bolton for a treat to take home and make a stop at a farm stand. The cost of this trip is \$55. Payment and menu choice due at time of sign-up. We will leave from the Bedford Town Hall parking lot (near the Police Station) at 10:00 a.m. and return to Bedford at approximately 3:30 p.m.

Date: Wednesday October 13

Time: 1:00 PM

What Everyone Should Know About Investing: Part 2 - The Many Ways of Investing

Join Ron Reynolds at 1:00 PM on October 13 at the Bedford Council on Aging as he talks about how to invest in equities, fixed income securities, commercial real estate and commodities. He will also talk about Broker/Dealers, international investing, and the use of style boxes. All are welcome. No previous knowledge of investing is required. Ron will be offering a 3rd and final workshop next month.

Date: Thursday October 14

Time: 11:00 AM

Retirement Community Living At Home

Carleton-Willard Village invites you to come hear more about their "Carleton-Willard at Home" program that offers many of the benefits of retirement community living right in your own home.

Services include discounts on local services and stores, volunteer opportunities, fitness classes, and social and cultural events. Information sessions will be held in the Flint Room of the Town Center in Bedford. For more information, call Paula von Kleydorff at 781-276-1910.

Date: Thursday October 14

Time: 2:00 PM

Calling All Couples!

Are you looking to widen your circle of friends, socialize with other couples, and plan and participate in future activities? Please join us for a planning meeting at the Bedford Council on Aging.

Date: Saturday October 16
Time: 12:30 PM
Bedford Police & Fire Cookout

Come enjoy hot dogs, hamburgers, chips and soda sponsored by the Bedford Police and Fire Departments at the Council on Aging. There is no charge for this event, but space is limited to 50 people, so please sign up either at the COA or by calling 781-275-6825.

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Date: Monday October 18
Time: 10:30 AM
Got Milk Bottles?

Join Rodney Leskowski at the Bedford Council on Aging for a walk down memory lane. Rodney will be sharing his collection of antique milk bottles from around the Bedford area as well as some Indian bottles.

Date: Wednesday October 20 and Wednesday October 27
Time: 1:15 PM

"The Blue Zones" with Dr. Kevin Baer

Join Dr. Kevin Baer at the Bedford Council on Aging for a two-part discussion and review of the book, *The Blue Zones*, a book about 4 areas in the world where there are high concentrations of centenarians. The book focuses on what those areas have that is inherent to the region that might support successful, comfortable aging and similarities to other areas, also with a high percentage of centenarians. Observations of diet, exercise, climate, activity, and attitude are related among other contributors for healthy longevity. Come find out if you are on track for happy healthy aging. There will be information sharing and discussion to follow.

Date: Thursday October 21

Time: 11:00 AM

Hearing Loss and Solutions

Come to the Bedford Council on Aging to hear Joe Sarofeen from Apex Hearing as he talks about how we hear, the impact and causes of hearing loss, and who can help.

Date: Friday October 22

Time: 9:00 AM

FREE Cholesterol Screenings

Board of Health nurse, Judi Jelloe, RN will be offering free cholesterol screenings at the Bedford Council on Aging. Space is limited to 10 people, so please call 781-275-6825 for an appointment.

Date: Monday October 25
Time: 1:00 PM
Classic Movie: "His Girl Friday"

Join us at the Bedford Council on Aging for this 1940 classic. Hildy Johnson (Rosalind Russell) is about to get hitched to dull insurance agent Bruce Baldwin (Ralph Bellamy) -- that's if her ex-husband, ruthless newspaper publisher Walter Burns (Cary Grant), doesn't succeed in winning her back in this battle-of-the-sexes screwball comedy.

Date: Tuesday October 26
Time: 9:00 AM - 1:00 PM
Health Technology Fair

Join us as at the Bedford Council on Aging as we host this special event! Local vendors will be present to show various types of health related products, services and equipment, ranging from chairlifts to hearing devices. You will have the opportunity to walk around and speak with the experts on the latest and greatest technology! There is no charge for this event.

Date: Tuesday October 26
Time: 1:00 PM
Library Book Discussion: "Claude & Camille: A Novel of Monet"

Join Lisa Bayliss at the Bedford Council on Aging for a discussion of "Claude & Camille: A Novel of Monet" by Stephanie Cowell. Behind every great artist stands a woman driving him to inspiration, aspiration, and desperation, according to Cowell (*Marrying Mozart*), who bases her latest novel about an artist and his muse on the life of Claude Monet. Beautiful bourgeoisie

Camille Doncieux leaves her family and fiancé for Monet. Copies of this book are available at the Bedford Public Library's circulation desk.

Date: Saturday October 30

Time: 12:00 PM

Halloween Party

Join us at the Bedford Council on Aging for a special Halloween party! We called in the Ghostbusters ahead of time so you won't have to worry about any ghosts or goblins! Come enjoy some delicious Halloween treats! Costumes are encouraged! The party is free, but please sign up so we know how many to expect! You can sign up at the COA or by calling 781-275-6825.

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